

“Be Good To Women Day” Honors Women While Addressing Abusive Relationships

Los Angeles, CA – Exciting plans are underway for the 11th annual “Be Good To Women Day.” Held in March, during Women’s History Month, its mission is to eliminate damaging words, images and behaviors toward women and girls; and to promote a culture of equality, respect and love through education and advocacy for the benefit of all.

Brad Sanders, a comedian, actor and writer, and Deya Smith, a media personality, blogger and author of “Touch Yourself: 30 Ways to Boldly Live, Love and Let Go!” began the event in 2003, inspired by Sanders’ nationally syndicated radio program, On the Phone with Ti-Rone. After 20 years of responding to thousands of letters, phone calls and emails from mistreated and abused women, Sanders knew he had to get involved. He recalls, “It finally occurred to me that we, men, are too often completely clueless about what women go through and what they need from us. Deya Smith, my co-host at the time, said ‘So what are you going to do about it?’ That’s how it began.” According to Sanders, this event is “about motivating men to take their rightful place beside women. It’s about us inspiring each other and helping each other to be all that God intended.”

This year, “Be Good To Women Day” will consist of a movie screening, panel discussion and prayer vigil/community forum. The first event will be a screening of “Stand Down Soldier,” a compelling feature film in which the main character, a female sergeant, faces a different battle when she arrives home from her third deployment. The screening will be held at the Barbara Morrison Theater, 4305 Degnan Avenue, on Friday, March 21 at 7:30 p.m. Actor Kristoff St. John, of The Young and the

Restless, will serve as host.



On Saturday, March 22, “Be Good To Women Day” continues with a dynamic discussion, “Courage to Heal: Healthy Sexuality in the African American Community.” Panelists will share insights on how women can experience spiritual and emotional healing after surviving an abusive relationship or other gender-related mistreatment. This discussion will be from 10 a.m. until Noon at the Bryant Temple AME Church, 2525 West Vernon Avenue.

The three-day event concludes with a prayer vigil and community forum on Tuesday, March 25. Distinguished guest speakers include Rev. Dr. Monica A. Coleman, associate professor of constructive theology and African-American religions and co-director of the Center for Process Studies at the Claremont School of Theology along with Rev. Joyce Reece Kitchen, pastor of Emmanuel-H.M. Turner African Methodist Episcopal Church. The vigil will take place at 7:00 p.m. at Bryant Temple AME Church.

Recieve updates and connect with like-minded individuals by visiting the “Be Good To Women Day” Facebook page at <http://tinyurl.com/begoodtowomen2014andbeyond>.

All events are free and open to the public. To get involved and to obtain more information, call Bryant Temple AME Church at 323-293-6201.